

Fresh Fruit and Vegetable Program



KIWI



Fruit Focus of the Month: December



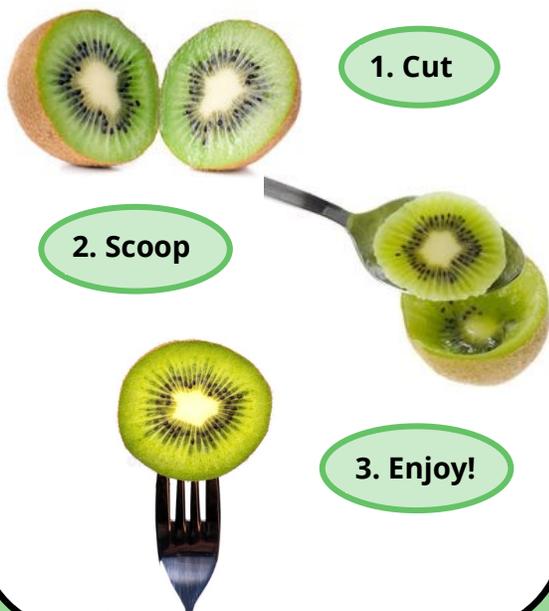
Kiwis are in season in warm weather climates in December!

FUN FACTS

- Kiwis are fruits that grow on vines and are considered a berry fruit!
- Over 1 million tons of kiwis are produced each year. The majority of the fruits are produced in Italy, Chile and New Zealand.
- Kiwis have more Vitamin C than any other fruit! This vitamin helps keep you from getting sick!
- The fruit are best eaten raw and taste sweet and tart. You can eat the skin of the kiwi or peel it off!

EASY WAY TO EAT A KIWI

Kiwis make a delicious snack!
Look below to learn an easy way to eat kiwi!



KIWI PUZZLE

Find the words related to kiwis!

L C F G S H D Y T I
P V X E M K R I W O
W P E C L Y U I A Y
U D T D Z R K I I M
S N I S F B V I N E
U G R S T M C Y M P
Z B P M O S F O G K
J Y R K B W Z P N Z
D E L I C I O U S O
Y W N E E R G N Z T

Word Bank: delicious, vine,
kiwi, seeds, fruit, green